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Credit downgrade may cost province \$300M in interest

DEBT

Provincial NDP disputes claim made by Alberta Party

 **Jeremy Simes**
For Metro | Calgary

The loss of the Alberta NDP's AAA credit rating might cost the government at least \$300 million more in interest charges over the course of 10 years, according to Alberta Party Leader Greg Clark.

Last week, the government's 2015-16 finance report showed it spent \$776 million in debt servicing, a \$48-million increase from \$728 million in 2014-15. And Standard and Poor's has since downgraded the Alberta government's credit score from AAA to AA.

Though Ministry of Finance spokeswoman Leah Holodai said the Alberta Party's \$300-million figure is incorrect, the ministry couldn't determine what the interest charges will be as they are influenced by more than just its credit

rating; it includes the price of oil and the perceived liquidity of its debt in the market place. Interest rates also vary widely per bond transaction. For example, the effective cost of debt on one five-year bond worth \$1.9 billion is 1.42 per cent, while it's 3.29 per cent for another 30-year bond worth \$1 billion.

Clark said the Alberta Party determined the \$300-million figure by calculating the difference between current and future costs to borrow money.

He said the government hasn't yet started to roll over existing debt but, once it does, 20 per cent of debt will have to be refinanced at a higher rate over the course of five years. Government debt is currently more than \$19 billion.

The \$300 million is also subject to change if underlying economic assumptions change, Clark said, adding, "which most likely will deteriorate further because of NDP mismanagement."

"We're confident our \$300-million number is a fairly conservative estimate," he said. "It could actually be higher."

But Holodai emphasized "a direct correlation between cost of debt and credit rating" can't be attributed.

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RESEARCH

Pat Murray launched the Pink Cup golf fundraiser

 **Jennifer Friesen**
For Metro | Calgary

Fifteen years ago, Pat Murray was taking his black lab, Jack, on a walk through Edworthy Park.

Just as he reached down to scoop up Jack's steaming refuse, Murray heard a voice call out from behind him.

"Oh, there's a responsible dog owner," she said.

It was the first time he laid eyes on Jenn Birchall, and the two have been together ever since — through Jack's passing, Bruce Springsteen concerts and more than 600 trips to the hospital.

After an outing to the family doctor in 2009, Birchall was diagnosed with Stage 4 breast cancer.

"It just happened so fast," said Murray.

"Then, suddenly, you're racing from appointment to appointment. My life was crumbling down around me ... I just had to do something."

That was when he started the Pink Cup Charity Classic alongside Birchall. The fundraising golf tournament started small in 2010, but has sold



Pat Murray remembers the day his partner, Jenn Birchall, left, was diagnosed with cancer "like it was yesterday." Over six years later, she's still battling the disease and Murray is preparing for his sixth annual charity golf tournament. JENNIFER FRIESEN/FOR METRO

out every year and has raised \$425,000 for The Alberta Cancer Foundation.

All the donated funds go toward clinical trials, and Murray's goal is to raise \$1 million for the cause and see the

Pink Cup take place in 10 cities across Canada.

"Jenn is living proof that clinical trials save lives," he said. "It should be our number one priority to put money into the hands of smart scientists."

After countless chemotherapy appointments, a mastectomy and the loss of her hair, Birchall was informed that the cancer had spread to her brain. Now, six and a half years after her original diagnosis, this is

the battle she continues to fight.

But, regardless of her fatigue, Birchall is always there for the Pink Cup Charity Classic with Murray. Decked out to the nines in pink ensembles

and swinging iron, Murray says it's an emotional day where he hears as many laughs as he sees tears.

"This is what people want to do," said Murray.

"They want to come out and make a difference — we're just the vehicle for them.... I do this for Jenn, but there are other Jenns out there and other people out there who need this too."

The 2016 Pink Cup will take place on Sept. 17, and, after raising \$111,665 last year, Murray expects to be halfway to his goal of \$1 million by that day's end.

Murray's mom always told him, "actions speak louder than words," and it's that phrase, along with his love for Birchall, that keep him pushing cancer research forward.

"It's an honour for me to help Jenn," said Murray.

"Jenn's illness is as serious to me today as it was when she was first diagnosed. It was in December of 2009 when Jenn was told to get her affairs in order, and it's been my greatest calling in life to be at Jenn's side the last six-and-a-half years. I've given Jenn my all, because I know she would do the same for me."

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DEVELOPMENT

Not all residents oppose Highland Park



Brodie Thomas
Metro | Calgary

A controversial development on a former golf course is set to go before council Monday, but Coun. Sean Chu may get the item moved forward a day to accommodate all the people who want to speak at the public hearing.

A plan from Maple Projects

Inc. would see nearly 2,100 new units built on approximately 50 acres at the former Highland Park Golf Course. The units would range from townhouses to eight- and 12-storey apartments.

The Highland Park Community Association has come out strongly against the development, and staged a protest on Centre Street on June 30.

Council has received at least 56 letters of opposition to the

plan. However, not everyone in the Highland Park is opposed.

Andrea Taylor-Schryvers said she and her husband feel it will breathe new life into the area.

"We're looking forward to it becoming a bit more vibrant," she said.

Taylor-Schryvers said she believes the mix of new businesses as well as new people would help existing businesses along Centre Street.

She also hopes to see more

children around to play with her three boys — aged six through nine.

"There's just not a lot of kids out. I'd like to see younger families coming in," she said.

Chu said he hopes more details and facts will come out during the public hearing so council can make the right decision.

"Everybody wants to do the best for this piece of land. Of course, I will always listen to the community," said Chu.



Bartenders Murphy Maso and Deicha Carter say they'd rather make tips than lose them to wage increase. JEREMY SIMES/FOR METRO

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2014	TOYOTA RAV 4 LIMITED 4WD	8 TO CHOOSE	\$27,307
2013	TOYOTA RAV 4 LIMITED 4WD	6 TO CHOOSE	\$24,763
2012	TOYOTA TACOMA TRD-SPORT	5 TO CHOOSE	\$31,009
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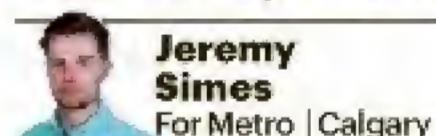
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Restaurants get ready for wage hikes

FOOD INDUSTRY

Service could get worse if tipping goes down, say some



Jeremy Simes
For Metro | Calgary

them for the same price as larger sizes; increasing ATM usage fees; and charging employees for beverages.

Brassard said customers might start tipping less if prices are higher and if they know servers are making more hourly, adding most servers make more than the living wage if they're tipped well.

But Gray, and some local shops in favour of the pay hike, have said paying living wages have helped with employee retention, improved customer service and lets workers live with dignity.

Last week, Alberta Labour Minister Christina Gray announced the province's general minimum wage will rise by a buck to \$12.20 per hour on Oct. 1. The rate will also apply to liquor servers as their current rate — \$10.70 per hour, or \$0.50 below the standard — will be abolished.

Ernie Tsu, owner of brewpub Trolley Five on 17th Avenue, said he might have to look at cutting hours.

"The minimum wage increase is not smart in this economy," he said. "It never was."

Andrew Brassard, co-owner of Broken City, said the bar plans to get creative with offsetting increased wage costs, which could include scaling back drink portions and selling

\$12.20

The new minimum wage will take effect Oct. 1 and will apply to liquor servers as well.

Mason and Deicha Carter would rather make less per hour and work for the tips than see that gratuity possibly vanish for a higher hourly wage.

On Oct. 1, 2017, the minimum wage will rise by \$1.40 to \$13.60 per hour and, on Oct. 1, 2018, minimum hourly pay will be \$15.

Mason, who works at Broken City, said workers who aren't making tips on top of hourly pay should earn a living wage. However, she said bar service could suffer if there are no tips, becoming generic and inconsistent.

Carter, who also serves at Broken City, agreed, adding tips give servers an incentive to provide better service.

"If I come into work each day and I have my game face on, I'm going to make more

money, and I like that opportunity," she said. "It's rewarding to know you did a good job. I would rather make the smaller wage plus tips and keep my job."

Anime lovers unite at Otafest

FESTIVAL

Annual con explores Japanese animation

Aaron Chatha
Metro | Calgary

Aside from the occasional voice-over talent, you won't see any big celebrity names at the annual Otafest anime convention.

The artist booths are mostly local talent, the 300 volunteers and executive staff do the job entirely unpaid and compared to Calgary Comic Expo, which brings in more than 100,000 people, Otafest capped last year at 8,000.

But for those who have attended since the convention first bloomed in 1999 at the University of Calgary, or for those who joined sometime between then and now, it holds a very special place in their hearts.



Jerry Chen and Jessica Hoang cosplay as Chrom from Fire Emblem and Mimi from Atelier Totori. AARON CHATHA/METRO

"It's home," said cosplayer Stephanie Ulrich. "It's a home base convention."

"It was my very first con, so I've got a soft spot for it. I

have to come back every year because it just keeps growing. As the con grows, I grow in my ability to make my costumes. It's a sentimental thing."

Attendees at Otafest 2016 reminisced about the friends they made in years past, or how everyone feels like they know each other — even at 8,000

people, it feels like a family.

People in costume regularly stopped in the halls to chat, play card games and take group photos. For the casual atten-

dee, it felt less like a merchandise-fuelled extravaganza, and more like a (large) collection of friends geeking out over shared interests.

"When I get to a convention I don't want to feel like I'm walking into a mall," said co-ordinator Nathan Hunt. "When I'm at Otafest, even walking around, there's this energy, this vibe. Everyone's happy, people are having a good time being there, you can have a conversation with anyone — it's just a friggin' great time."

When Otafest first began, it was just a handful of screening rooms showing Japanese anime for the public. Since then it's burgeoned to a three-day affair full of panels, costumes, video game contests and — even still — anime screenings, filling a new location at the Telus Convention Centre.

Hunt said the growth has come about due in large part to the accessibility of anime — there are numerous shows on Netflix and other streaming services.

It's come a long way from a little section of cartoons in the back of the local video store.

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COMMUNITY

Voltage Creative Garage an art work space to get 'messy' in

 **Aaron Chatha**
Metro | Calgary

Marda Loop is electric with the energy of a new artist workspace made from an old garage.

Andrea Llewellyn and Kelly O. Johnsgaard spent a year and a half trying to turn the derelict space in Marda Loop into an affordable space for Calgary artists to work and showcase their art, which is now open. It's called Voltage Creative Garage.

"It's for the city to showcase the great artists that we have," said Johnsgaard. "It's something that needs to grow more in this city — an affordable, safe place to work."

"And also a place to get messy," added Llewellyn. "What's great about our space, we're not in a downtown corporate building where there's dry wall on the walls you have



Andrea Llewellyn and Kelly O. Johnsgaard with a featured work: Mayor Nenshi by Anna Hall and Cory Nespor. AARON CHATHA/METRO

to be careful with."

"We don't mind a little mess, because art's messy and we don't want people limiting themselves."

The pair used mostly their own funds and a number of donated and reclaimed materials to pour concrete and even level out the floors, paint the walls and make the space friendly for different kinds of mediums.

Llewellyn said neighbouring businesses and community members were thrilled when they started their project, as the building had become a bit of an eyesore.

"And this is a very close-knit, family community," said Llewellyn. "So having this big property with nothing really happening is kind of a problem. People were kind of annoyed by it because it was such a visible spot."

On Sunday, their resident artists painted exterior walls with a colourful mural, to add to the vibrancy of the Marda Loop community.

While a number of artists are already hard at work in the space, the pair said there's still room for more to get involved.

For more information, visit voltagegarage.ca.

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City artist dumps a knowledge bomb

WORLD SANITATION

Pooping a silly but serious topic for Erin Moffatt

Aaron Chatha
Metro | Calgary

Poop Heart founder Erin Moffatt is looking to start a movement.

When the former engineer lost her job last year, she decided to take her passions — art and sanitation — and create a business out of them.

It began when she was looking for some bathroom art. Unable to find anything suitable, she went with her number two option: to draw something herself. She ended up creating a line of colourful images,

featuring animals pooping out rainbow hearts.

"It's silly and it brings a smile to your face, but it's also a way to start a conversation for something really important to me — bringing awareness to sanitation," Moffatt said.

She pointed out that a third of the world's population doesn't have immediate access to toilets.

She's put her images on posters, greeting cards, mugs and

more — and said she's doing her part by donating 10 per cent of the proceeds to Centre for Affordable Water and Sanitation Technology, another Calgary-based organization.

She already has a few successes in the can: she made a deal to start the company with Brett Wilson of Dragon's Den, and successfully funded a Kickstarter campaign. With all the support, Moffatt is practically flushed with excitement.



Erin Moffatt founded Poop Heart to spread awareness about the lack of sanitation around the world. JENNIFER FRIESEN/FOR METRO

EDUCATION

ACAD students' concerns boil over

Helen Pike
Metro | Calgary

School may be out for summer, but that doesn't mean the stress is over for students at the Alberta College of Art and Design.

This week, registration is in full swing, and frustrations that have been pent up for semesters, or even years, have got the best of a frustrated student body.

On Monday, protesters will take to campus with signs and pens to sign a petition about ongoing issues.

"Timetables are really a small part of a much larger issue," Jonah Derkson said. Students attending the protest had been raising issues like accessibility, mistakes in the registrar's office, and other administrative confusion.

"There's classes that overlap, people are being put in classes that aren't appropriate for their degree — there's so many issues."

Jonah Derkson



There's classes that overlap, people are being put in classes that aren't appropriate for their degree — there's so many issues.

Jonah Derkson

always will be committed to our students' wellbeing, and it is a great concern that we see so many students discussing their personal experiences with mental health and how unaccommodating this institution has been for you."

But Sudeikat wrote they will be keeping an "arm's length" at the protest, and members will only be attending to take notes — they don't want to influence or stifle the activism.

"At this point in time we are excited that students are engaged with what is happening at their institution and we hope to see it continue on into the coming years," wrote Sudeikat, who noted she'd be meeting with the organizers before the demonstration.

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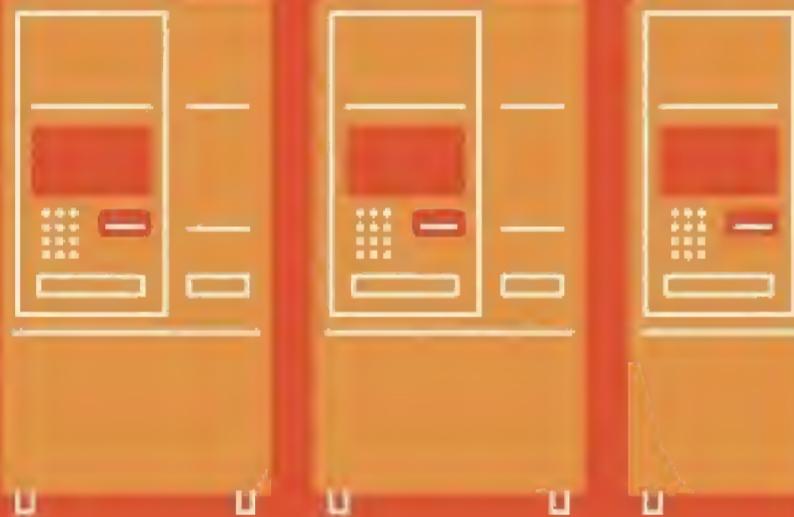
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The emotional fallout from Fort McMurray

WILDFIRE

Firefighters battling guilt over properties lost, chief says

The man who led the battle against The Beast says many Fort McMurray firefighters are now wrestling a different set of demons.

Fire Chief Darby Allen says the emotional toll is hitting home for the crews who worked non-stop for days to beat back the ferocious wildfire that breached the northeastern Alberta city two months ago.

"They went through one of the most significant events that any firefighter could ever go through."

Allen said in a recent interview at Fire Hall No. 1 in downtown Fort McMurray.

Counselling services have been offered from the beginning, but Allen said it's important that help is available for the long haul.

The blaze was so tough to subdue that Allen has likened it to a wild animal.

"It did seem to have a brain. It did seem to want to do things that we didn't want it to do. And whatever plan that we came up with, it seemed to come up with its own plan and fight us at every level."

In the end, about 10 per cent of the town was destroyed, with the majority of the Abasand, Beacon Hill and Waterways neighbourhoods reduced to rubble.

Now, one of the toughest



They wanted to stay and they couldn't stay.

Fire Chief Darby Allen, who says the call to pull firefighters out of some areas was a matter of life and death.

emotions firefighters are battling is guilt, said Allen.

"You can't put all of the fire out and sometimes you have to give up an area to go on to another area," he said. "Sometimes you have to make decisions where you're going to lose certain properties to save other properties."

Many firefighters are beating themselves up because they feel like they could have done more. Some watched their own homes burn, but went back to work.

"The reality is we couldn't

have done more," said Allen. "My job has been to reassure them that they've done everything they could and I do truly believe that there were some incredible efforts to save as many properties as we did."

In the city generally, it's a tough time emotionally for residents, said Mayor Melissa Blake.

Alberta Health Services did close to 13,000 counselling sessions between May 10 and June 28, said spokesman Kerry Williamson.

THE CANADIAN PRESS

CELEBRATION TRUDEAU PROUD TO MAKE HISTORY

Prime Minister Justin Trudeau waves a flag as he takes part in the annual Pride Parade in Toronto on Sunday. Canada's largest Pride parade marked another milestone Sunday as a sitting prime minister marched for the first time in the colourful celebration, which was tempered by last month's shooting massacre in Orlando. A river of multi-coloured floats and marchers came to a halt and stood in silence along with masses of onlookers to remember the shooting's 49 victims. Trudeau said the Florida tragedy is a reminder that "we can't let hate go by."

MARK BLINCH/THE CANADIAN PRESS



REPORT

Immigrant kids lag in swimming skills

Wanyee Li
Metro | Vancouver

Immigrant tweens are more at risk of drowning, as almost one in five youth who were not born in Canada can't swim — yet the vast majority of them participate in water activities.

According to a recent report from the Lifesaving Society, 17 per cent of immigrant youth aged 11 to 14 don't know how to swim, compared to only three

per cent of their Canadian-born counterparts.

That statistic doesn't surprise one Vancouver lifeguard.

"We very seldom have people who cannot speak English in our classes. Once in a while we do come across that barrier," said Anson Siu, aquatic leader at Killarney Community Centre.

Young adults, 20 to 24 years old, have one of the highest drowning rates among Canadians, with 46 deaths in 2015, according to that year's Canadian

Drowning Report.

"If all school-aged children can learn basic swimming survival skills, we believe we can really reduce the number of drownings," said Barbara Byers, public educator at Lifesaving Society.

As many as 93 per cent of new Canadians aged 11 to 14 reported participating in activities on, around, or in water, according to the report, called The Influence of Ethnicity on Tweens Swimming & Water Safety in Canada.

Immigrant parents may not

be aware of how important it is for children to know how to swim because there are a lot of big milestones to hit in those first years, Byers acknowledged.

"The priority, naturally, is to get a job, get a place to live and get their kids in school. They just may not realize that in order to swim, you need some instruction, you need some training."

Surveying immigrant youth also revealed potential cultural barriers when it came to swimming lessons, said Byers.

Car bomb kills 115

BAGHDAD

Children among victims in attack on shopping area

A suicide truck bomb in downtown Baghdad killed 115 people and wounded nearly 200 others who were out shopping and celebrating early Sunday ahead of the holiday marking the end of Ramadan, security and medical officials said.

The attack, claimed by Daesh (also known as the Islamic State group), was the deadliest in months in the Iraqi capital, and came despite a series of recent gains against the extremists, including the capture of Fallujah, which was believed to have been a source of such attacks.

The bomb went off shortly after midnight in a crowded shopping area in the central Karada district, killing at least 115 people and wounding 187, according to a police official. The dead included at least 15 children, 10 women and six policemen. At least 12 other people were still missing and feared dead.

Karada is a major commercial area lined with clothing and jewelry stores, restaurants and cafés, and was packed with shoppers ahead of Wednesday's Eid al-Fitr holiday marking the end of Ramadan. Most of the victims were inside a multi-storey shopping and amusement mall, where dozens burned to death or suffocated, police said.

It was the deadliest attack in Iraq since July 2015 and among the worst single bombings in more than a decade of war and insurgency.

"It was like an earthquake," said Karim Sami, a 35-year-old street vendor. "I wrapped up my goods and was heading home when I saw a fireball with a thun-



Iraqi women wait to hear about family members who went missing after a car bomb hit Karada, a busy shopping district in the centre of Baghdad on Sunday. HADI Mizban/The Associated Press

derous bombing," the father of three said.

"I was so scared to go back and started to make phone calls to my friends, but none answered." He said that one of his friends was killed, another was wounded and one was still missing.

As with many previous attacks, Daesh swiftly claimed responsibility for the bombing in a statement posted online, saying it had targeted Shiite Muslims. The authenticity of the statement could not be verified, but it was posted on a militant website commonly used by the extremists.

Firefighters and civilians could be seen carrying the dead away, their bodies wrapped in blankets and sheets. Smoke billowed from the shopping centre, which was surrounded by the twisted and burned wreckage of cars and market stalls. A

group of women were sitting on the pavement, crying for their loved ones.

Elsewhere in Baghdad, a roadside bomb went off in the mostly Shiite Shaab neighbourhood, killing five people and wounding 16, another police officer said. No group claimed responsibility for the attack, but it bore the hallmarks of Daesh militants.

The Sunni extremists frequently target the country's Shiite majority and Shiite-led security forces, viewing them as apostates deserving of death.

Early Sunday evening, exhausted family members sat on sidewalks at the Karada site silently awaiting news of missing loved ones as others began to hang freshly printed death notices for the police officers and shop owners killed. Young people lit candles on street corners. THE ASSOCIATED PRESS

+ FURY

The attack fuelled anger toward Prime Minister Haider al-Abadi.

- When al-Abadi visited the site of the suicide blast, a furious mob surrounded his convoy, yelling expletives, hurling rocks and shoes and calling him a "thief."

- Many Iraqis blame their political leadership for lapses in security in Baghdad that have allowed large amounts of explosives to make their way past multiple checkpoints and into neighbourhoods packed with civilians.

IN BRIEF

Bangladesh hunts hostage crisis clues

Security officials searched on Sunday for evidence and the possible masterminds of the weekend hostage-taking in an upscale restaurant in Bangladesh's capital. The government has denied Daesh's claim of responsibility for the attack that left 28 dead, including six attackers. Police released the first names of five attackers, who they say belonged to the banned domestic group Jummatul Mujahideen Bangladesh. THE ASSOCIATED PRESS

PROBE

FBI questions Clinton on emails

Hillary Clinton's interview with the FBI may signal that the Justice Department is nearing the end of its yearlong probe of her use of a private email server while secretary of state, a controversy that has hung over her White House bid.

"I've been eager to do it, and I was pleased to have the opportunity to assist the department in bringing its review to a conclusion," Clinton said in describing the FBI session to NBC's *Meet the Press* for an interview that aired Sunday. She agreed that the tone of

meeting with investigators had been civil and business-like.

Clinton said she had no knowledge of any timeline for the review and would not comment on whether she was given an indication that charges would not be filed.

The presumptive presidential nominee for the Democratic Party gave a voluntary interview for 3 1/2 hours Saturday at FBI headquarters in Washington, her campaign announced. Spokespeople for the FBI and the Justice Department declined to comment. THE ASSOCIATED PRESS



Hillary Clinton

ROBYN BECK/AFP/GETTY IMAGES

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MONTREAL

Group wants to put temporary tenants into empty spaces

Toronto has tried cash rebates and Vancouver wants a tax. But in Montreal, a group of heritage buffs, urbanists and architects are importing a different approach to deal with the scourge of vacant buildings.

Where some see an eyesore, urban blight or a future condo tower, Mallory Wilson and Jonathan Lapalme see an elegant solution to a long-standing

problem.

In May, they launched Entreprise, a non-profit organization with the simply stated goal of connecting people in need of

standing amid dwindling congregations.

The city also has several hospital buildings that are or will soon be sitting empty after

you can do something in the buildings for 10 years and it's a lot easier, a lot simpler, a lot less investment than finding something 50 or more years down the line."

In the 1970s, heritage officials were preoccupied with the threat that culturally, historically or architecturally important structures would be demolished, said Dinu Bumbaru, policy director with Heritage Montreal. Now vacancy is the hazard.

"In 2016, we have realized that the big challenge is revitalization — to put heritage to good use," he said in an interview.

TORSTAR NEWS SERVICE



The idea of not letting a vacant building be vacated too long is an issue of safeguarding. Dinu Bumbaru

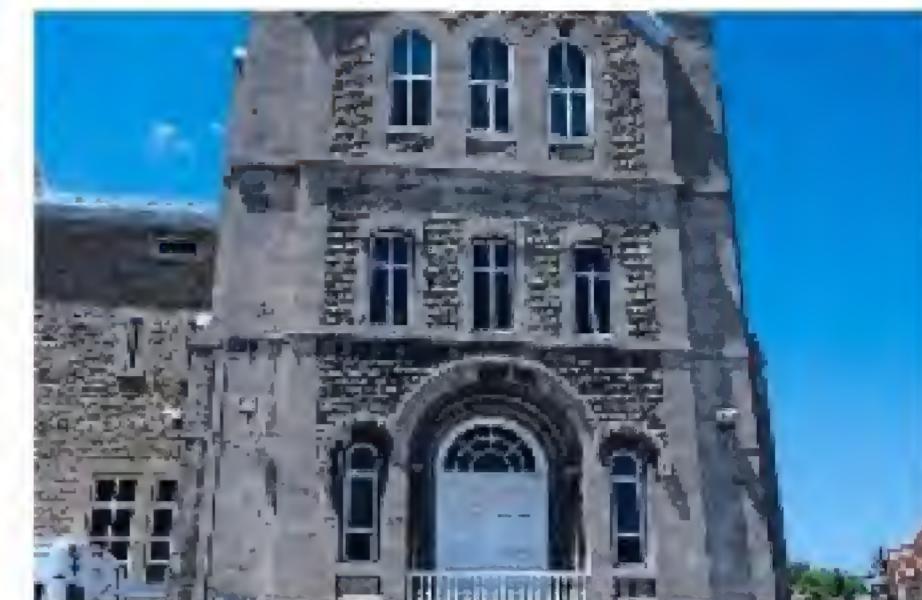
spaces with spaces in need of people.

Based on a concept that has already been developed in a number of European capitals, its time may have come in Quebec's largest city. Montreal has a glut of churches and religious buildings struggling to remain relevant or even to remain

services were merged at two recently built super-hospitals.

"Those are huge building complexes. The idea of saying that we're going to figure out today what this entire space is going to look like is kind of crazy," Wilson said.

"What we'd like to show with a project like this is that



Hotel Dieu hospital is scheduled to shut down in 2016. The City of Montreal intends to buy the property and redevelop it into social housing but it will likely sit vacant until plans are developed and funds are raised. ALLAN WOODS/TORSTAR NEWS SERVICE

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DAILY BREAK



TRAVEL

London calling after Brexit

Travel companies say more Canadians are looking at vacations in the United Kingdom because of the dropping British pound in the wake of the country's decision to leave the European Union.

Melisse Hinkle of Cheapflights.ca says the travel website experienced a 50 per cent spike in

searches for flights from Canada to the U.K. on the weekend after the June 23 vote and interest has been strong since.

"Savvy travellers have realized that, while the long-term impact of the Brexit means big changes for travel to and within Europe, there is an immediate opportu-

nity for more affordable travel," she said in an email.

Hinkle attributed the spike in interest to the drop in the pound's value against the loonie, making everything from London flights to West End theatre tickets cheaper for Canadians.

THE CANADIAN PRESS

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URBAN ETIQUETTE ELLEN VANSTONE



Hello Ellen,

Since my friend's recent marriage, she only wants to meet after dinner around 8 or 9. I try to convince her to meet for dinner, or a quick coffee after work, but she says she has to go home and cook for her husband. I'm all for cooking for your husband and so on (least feminist person here) and I'm getting married soon, but it seems silly and unreasonable! Yes, your marriage comes first, but you need to have hobbies and friends separate from your partner. How do I tell my friend without insulting her that her husband can fend for himself for one evening?

Signed,
Desperate for advice

Dear Desperate,

I'm sorry to hear you do not consider yourself a feminist, since you clearly believe in the crazy feminist notion that non-male persons are just as entitled to their own hobbies and friends as male persons are, and that male persons are actually capable of feeding themselves when left alone.

Perhaps you don't understand that "feminism" is simply the belief that all humans

THE QUESTION

My friend won't have coffee with me until after she's gone home to make dinner for her husband. How do I tell her that she's going overboard?



© A. Castillo

deserve to be treated with equal respect and opportunity. Or perhaps as a non-feminist you actually think "women's work" is less valuable than men's; and that a woman doing the same job as a man should be paid less. Or perhaps as a non-feminist you think that the laws of man and nature dictate that you are inferior to your future husband in a moral, physical, or some other fundamental way, and thus you fully plan to submit to

his every wish and command throughout your marriage in matters that do not include your hobbies and friends. Well, good luck to you, I say.

In the meantime, I absolutely agree with you that your friend is misguided if she thinks a good marriage depends on cutting off old friends at the dinner hour. But before you barge in and tell her this, my advice is to hold your tongue until you know exactly what's going on.

If she's simply madly in love and can't stand being away from her guy during the honeymoon phase, rest assured this period will end soon enough, so why not let her enjoy it while it lasts?

If she's one of those odious people who think couple activities automatically trump plans with socially undesirable singletons, there's no point in saying everything, ever.

Do your couple thing with her once you're married too, but remember how you felt being rejected as a single "date" and try to be more courteous toward your own single friends.

If she's being bullied into rushing home and slaving over a hot stove for a tyrant, but she's too ashamed to tell you, then what she needs right now is your non-judgmental support. If and when she opens up, you can then offer help rather than a lecture.

Keep in mind that it's also possible her husband is making her breakfast in bed every day, then packing her a nutritious three-course lunch, in which case you might consider that her making dinner is merely part of a sweet deal.

Please also consider your ideas of what a feminist is, because you — as a loyal, concerned friend and an independent thinker and a self-respecting human being who believes in open and honest communication — sure sound like one to me.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

Women still second-class sexual citizens

It's not hard to see why women might think their genitals are dirty.

Our anatomy doesn't get half the cultural love or metaphorical dominance of the penis.

Even the word vagina is somehow taboo. Add to that the ubiquity of women's pubic-hair grooming — shaving, waxing, dying, bedazzling — and it seems that if anyone's sexuality needs to be made pretty, it's women's. Nevermind that our species has been knocking boots for centuries without nary a shower in sight: In a survey published in the journal JAMA Dermatology last week, 84 per cent of women said they groom, and 59 per cent cited the main reason as "hygiene."

In her book, Barmak takes a wide look at this: historically imbalanced science in which studies on women's sexuality trail men's by three to one; the real physiological complexity of women's sexual organs; grassroots efforts — like orgasm workshops and clit-stroking meditation — that seek to re-centre women's pleasure, if only in the lives of women themselves.

As doctors in one New York Times article noted, that is ridiculous. Aside from some daily soap action, women's genitals don't need to be made clean. And it's hard not to read myriad sexual hang-ups into the suggestion that they would be.

It seems come-as-you-are sexuality still belongs mostly to men, whom western culture has deemed the gold standard for good times in bed. In her new book, Closer: Notes from the Orgasmic Frontier of Female Sexuality, Sarah Barmak has attempted to define this new place, where sex is omnipresent, but the actual sex we're having isn't always

that great. The ho-hum reality is that 40 per cent of women in a large 2013 British survey said they're low on sex drive. More than half reported some kind of sexual discomfort or dysfunction.

Men's sex lives obviously aren't perfect, Barmak told me during a conversation for my podcast, Nth Wave, but women are, according to the data, having less of a good time. (She noted the 2015 Vanity Fair Tinder story where women complained the popular app was a great way to have a ton of unsatisfying sex.)

In her book, Barmak takes a wide look at this: historically imbalanced science in which studies on women's sexuality trail men's by three to one; the real physiological complexity of women's sexual organs; grassroots efforts — like orgasm workshops and clit-stroking meditation — that seek to re-centre women's pleasure, if only in the lives of women themselves.

The book is a "provocation, a poke, food for further thought," she notes, incomplete by nature since a comprehensive exploration of sexual identities and preferences would take a few more books.

But every poke in the right direction is a good one. There's no one single, normal way to be sexual, she concludes. My amendment: As long as you're truly feeling good about you.

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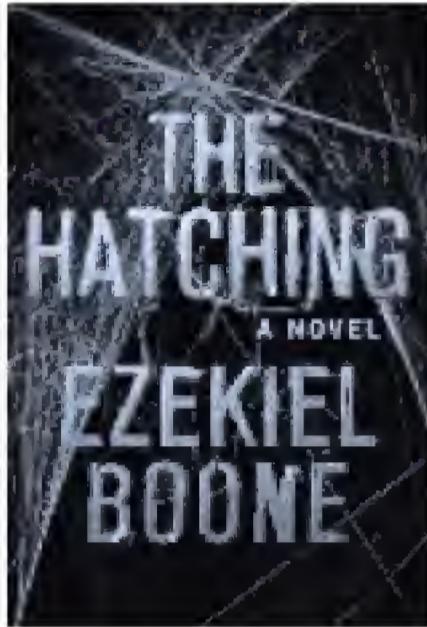
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BOOK EXCERPT THE HATCHING: A NOVEL, BY EZEKIEL BOONE

'There was clearly something wrong'



Looking for a good summer read to take to the beach or the cottage? Well, hopefully you aren't arachnophobic.

Set over the period of a week, Ezekiel Boone's **The Hatching** — out Tuesday from Random House — is the hair-raising tale of ancient and vicious flesh-eating spiders that return to terrorize the world.

In this excerpt, agent Mike Rich is called by the director of the FBI to investigate a mysteriously downed plane.

Frantic, he ran the light on the wall and then the ceiling, then across Henderson's face and torso and down the burnt flesh and exposed bones of Henderson's leg. And there. Relief. The spider. On the ground.

It was moving slowly. Mike knew it wasn't the right word for an eight-legged thing, but it looked as if the spider was limping. He squinted and leaned over.

There was clearly something wrong with the bug — two of its legs weren't moving and it was dragging its body along the ground. Maybe it had been injured in the crash or gotten burned too? Mike shook his head. Who cared what happened to the spider? The only question that mattered was, how the f— had it gotten into Henderson's head?

Except, Mike realized, as he watched the spider dragging its body across the floor, the question that was bothering him the most was, why in all of the angels of mercy was the spider coming toward him? Because it was absolutely headed toward him. It wasn't trying to get away or hide or even oblivious of Mike. It wasn't doing any of the things that to Mike, in his limited experience with creepy



crawlies, seemed natural.

No, it was clearly moving in his direction.

Mike tried stepping to the side, and the spider changed its line, angling toward him again. Mike took another step to the side and banged into the table that was next to Henderson's chair, and again, the spider changed its bearing. Mike started to reach for his gun, but he quickly realized that shooting a spider might be overkill.

He started to psych himself up to just squash the thing with his foot — it might be big and hairy and incredibly creepy what with the eating its way out of Henderson's face and then making a beeline for Mike, but it was still something he could stomp on — when the spider stopped moving on a dark spot on the floor.

It took Mike a second to understand what the spider was doing.

The dark spot on the floor was blood. He looked at the suit jacket wrapped around his hand and saw a drop of blood fall to the floor.

He had been bleeding on the floor.

The dark spot on the floor was his blood.

And as near as he could tell, the spider appeared to be feeding.

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TIPS FOR PROPERLY USING YOUR CREDIT CARDS

If you've been avoiding a credit card because you see it as a step on the road to debt hell, let me assure you that the tool isn't the problem. It's how you use it that's the issue. I'm a fan of credit cards, particularly for people who are trying to establish a credit history. If

you want to stay on the right side of balance sheet when it comes to using credit cards, make sure you follow these 5 rules



Gail
Vaz-Oxlade
For Metro Canada



2 Choose a card that gives back

You don't have to pay an annual fee to get a card that earns you rewards. Whether you earn points to buy groceries or you get cash back, that's money you don't have to earn. Since rewards cards usually have higher interest rates, don't be stupid and carry a balance or you'll more than negate the benefits.

1 Pay your bill in full every month

As long as you're using credit to establish a credit history and for convenience, you're fine. The minute you start carrying a balance it means you're spending money you have not yet earned. If you don't have the self-discipline to pay your credit card balance off in full and on time every single month then don't use a credit card. It's that simple. Denying your nature will get you in a lot of debt and a heap of misery.



3 Track your spending

It's so easy to just whip out a card and — cachunk cachunk — charge it. If you don't track your spending you could be surprised by a credit card bill that's higher than you can afford to repay come the due date. Keep track of where your money is going each time you spend — whether you use cash or a credit card — so you're always shopping consciously.

For more money advice, visit Gail's website at gailvazoxlade.com

4 Review your credit card statement every month

It's not enough to just pay the bill. Comparing the charges that have come through on your statement with those you noted in your spending journal is the only way you'll know if you've been overcharged, if your account has been fraudulently used, or if you've been charged in error.

5 Check your credit history

You should do this at least once a year. Twice a year is better. You can get a free credit report from each of Equifax and TransUnion just by writing in to request it, so it doesn't have to cost you a cent. Look for errors or signs of ID theft. Make sure that if you find an error you get it corrected lickety-split. And you'll have to follow-up and follow-up. Don't assume the other guy is looking out for your best interests. It may take several calls to get an issue cleared up.

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In his first start since winning the U.S. Open, Dustin Johnson closed with a 4-under 66 to win the Bridgestone Invitational

France has no chill

EURO 2016
QUARTER-FINALS

Host finds ruthless attack to oust Iceland

Olivier Giroud scored two goals to lead France to an emphatic 5-2 victory over Iceland on Sunday, sending the hosts into a European Championship semifinal against Germany.

It was a humbling but far from embarrassing exit for Iceland, which was playing in its first-ever international tournament and progressed much further than expected.

The French, though, have discovered their attacking ruthlessness just in time for their first semifinal in a decade on Thursday in Marseille.

"We have a lot of desire to get our own back for what happened at the World Cup," Giroud said of the quarter-final loss to eventual champion Germany two years ago.

Giroud, who was booed by the team's fans in May, is proving to be an essential component of Les Bleus, netting the opener

SUNDAY In Saint-Denis



and heading in France's fifth goal in the second half at the Stade de France.

And he was clearly glad to be popular again with the supporters.

"I am delighted for the players as they deserve this, and for these fans who have been behind us for months," the Arsenal striker said through a translator. "To be able to offer them something to make them smile and feel happy ... I'm delighted about that."

Giroud helped to set up goals for Dimitri Payet and Antoine Griezmann, while Paul Pogba also scored in the first half for France, whose previous goals at Euro 2016 had all come after the break.

"I felt really good physically right from the start," Giroud said. "We are used to making bad starts ... but we were very clinical which is nice from a personal perspective."

The night began with rain descending on the field and the Viking slow capping ritual, with its "Huh" chant, booming around the stadium from the Iceland fans.



Olivier Giroud, second from left, heads the ball for France's fifth goal against Iceland on Sunday. MIKE HEWITT/GETTY IMAGES

France wasn't going to have its home stadium to itself and Gylfi Sigurdsson even had the game's first shot although it was easily saved by France captain Hugo Lloris.

But inspirational chants and a strong team ethic only take a team so far. This was a night of French superiority, when stature and skill of the hosts was

too mighty to curb.

Kolbeinn Sigthorsson and Birkir Bjarnason provided the goals for Iceland.

"Iceland didn't give up at any stage," Giroud said. "They were a very valiant and determined side who kept on going until the end."

And its fans remained chanting in their seats long after the

final whistle, taking in the surroundings.

It was an enchanting tournament debut by Iceland, drawing

against Poland before eliminating England — an achievement that will be remembered along with the feats of the new European champion, to be crowned back at the Stade de France next Sunday. THE ASSOCIATED PRESS

IN BRIEF

Alberta duo rallies to win beach volleyball bronze

Calgary's Ben Saxton and Chaim Schalk of Red Deer, Alta., added a bronze to Canada's medal haul at the FIVB Porec Major on Sunday.

Saxton and Schalk lost the first set, but rallied to win 2-1 (19-21, 30-28, 20-18) over Latvia's Aleksandrs Samoilovs and Janis Smedins.

On Saturday, Ontario natives Sarah Pavan and Heather Bansley picked up their second silver medal from the Porec Major in as many years. THE CANADIAN PRESS

Henderson repeats title win

Brooke Henderson survived some tense moments on the back nine on the way to defending her title at the LPGA Cambia Portland Classic on Sunday with a four-stroke victory.



Brooke Henderson
GETTY IMAGES

Henderson, from Smiths Falls, Ont., shot a 14-under 274 after a final round 71 at Columbia Edgewater Country Club, pulling away from American Stacy Lewis, who shot a 10-under 69.

Henderson became the first back-to-back winner at Portland since Annika Sorenstam won consecutive tournaments in 2002 and 2003.

THE ASSOCIATED PRESS

SEMIFINALS

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- 1/2 tsp salt, divided
- 6 to 8 small corn tortillas
- 1 cup diced strawberries
- 1 cup watermelon cubes, diced
- 1/4 cup diced red onion
- 1 Tbsp lemon juice
- 1 Tbsp fresh chopped cilantro
- 1 avocado, sliced for garnish

Directions

- Preheat the oven to 450 degrees. Place fish on the

pan and give each piece a coating of oil.

2. In a small bowl, whisk the coriander, cumin, garlic, pepper and a 1/4 teaspoon of the salt. Sprinkle the fillet with the mixture to coat.

3. Cook the fish until it's opaque and the meat flakes with a fork (10 to 15 minutes). Wrap a stack of tortillas in a moist towel and place in a casserole dish and cover with a lid or aluminum foil. Place in the oven for 10 minutes to warm.

4. In a bowl, mix strawberries, watermelon, onion and lemon juice. Sprinkle with the cilantro and remaining 1/4 tsp of salt and toss.

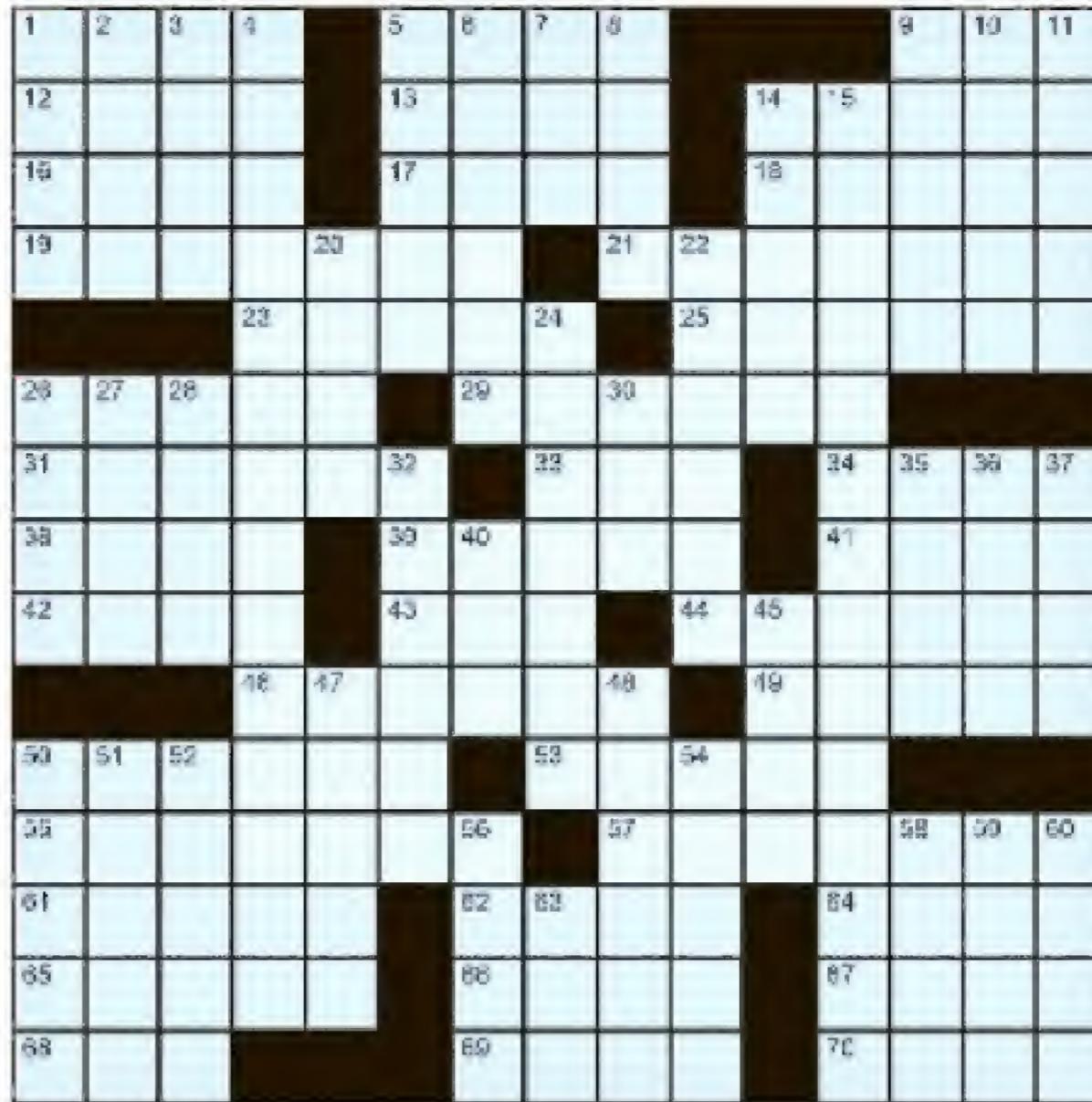
5. Serve fish flaked into large pieces with tortillas, salsa and slices of avocado.

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- City in Normandy in France where Canadians saw action in WWII
- Stupefy
- Evita's land, for short
- Mr. Nova (Canadian singer/guitarist)
- One of Frank Sinatra's kids
- Khloe K's on-again-off-again beau
- Mork's greeting, partially
- Perched on
- French writer Mr. Zola
- Hard labour
- "Roxy Roller" by Canadian band _ Todd
- Venerated vilager
- Throughout
- Extract metal from ore
- Mount Parnassus overlooks this 'oracle' city in Greece
- Lionel Richie and Adele hit titles
- Agnus _ (Lamb of God)
- Kind of fish
- Strait of Belle _
- Space object
- Chill
- Flowers displayer
- "_ Tree Hill"
- Baseball game division
- Felix _ Canadian electronica producer
- "_ of God" (1985)
- Breakfast _
- Trunk
- "Hang in there!"
- Justin _ (Nanaimo, British Columbia born star of the show at #15-Down)
- Dispatch boat
- Travelling
- Arctic _ (Northern-hopping critter)
- "Dracula Has _ from the Grave" (1968)
- Serene
- Doctrines
- Cup of Earl Grey stirrer
- Leg point
- Discuss



DOWN

- Isn't able
- Banned orchard spray
- John Diefenbaker's first wife
- Nova Scotia _ en français
- Formally boring
- Like Sirs and
- Dames
- Card game
- Falls asleep at work
- _ acid
- Stethoscope sounds
- "_ Anatomy"
- Bloodsucker
- Grant Wood paint

ing of 1930 sharing the name of a new show on Global TV: 2 wds.

- _ sax
- Elk
- Beef, for example: 2 wds,
- Switchblade
- Colorado's _ Verde National Park
- Building wings
- Tommy Jones link
- Gets goals
- Once more ...Western film style
- Old Scandinavian symbol
- Nails down
- Gravenhurst's prov.
- Shuttle mission org.
- Airplane: French
- Vicinity
- Isolated
- Mr. Strauss' pants
- Coffee _ (Canuck treat)
- Emulate Drake in song
- Fasten to the bulletin board
- Laundré
- "_ la Douce" (1963)
- 'Building' in the branches
- Obi _ Kenobi

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

5			4		3
4	6			1	9
		6	3		
7		1	5	2	4
3			6		2
2	8	3	7	5	
		7	4		
8	1			7	6
2			1		8

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*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is the best day of the year to think about how you can improve your home. Also, what can you do to improve your relations with family members?

Taurus April 21 - May 21
Think about your style of communicating with others today. What can you do to have clearer communication with everyone?

Gemini May 22 - June 21
Today's New Moon is the only New Moon all year urging you to think about how to better handle your money and your belongings. Do you take care of what you have?

Cancer June 22 - July 23
Take a realistic look in the mirror and ask yourself what you can do to improve the image you create in your world. How can you look better in the eyes of others?

Leo July 24 - Aug. 23
This is a good day to think of your spiritual values. Each New Moon is a chance to make resolutions about how to improve your life.

Virgo Aug. 24 - Sept. 23
Are you happy with the friends you have? Remember that your friends will influence your mind, which makes the choices that create your future.

Libra Sept. 24 - Oct. 23
This is the only New Moon all year urging you to examine your relationship to authority figures — parents, bosses, teachers and VIPs. How can you improve these relationships?

Scorpio Oct. 24 - Nov. 22
What further education or training will help you in your job? What travel might help you to expand your world?

Sagittarius Nov. 23 - Dec. 21
What can you do to work to get out of debt and feel more financially secure? This is the perfect day to ponder this and decide to take action.

Capricorn Dec. 22 - Jan. 20
For a relationship to be successful, you must be as good for your partner as he or she is for you. Do you have this kind of relationship with your partner or a close friend?

Aquarius Jan. 21 - Feb. 19
What can you do to improve your health? Likewise, what can you do to improve your job or how you do your job? Today's New Moon is the perfect day to think about this.

Pisces
Feb. 20 - March 20
It's important to play as well as work. Today's New Moon urges you to consider the balance you have between play and work in your life. Is it a healthy balance?

metro

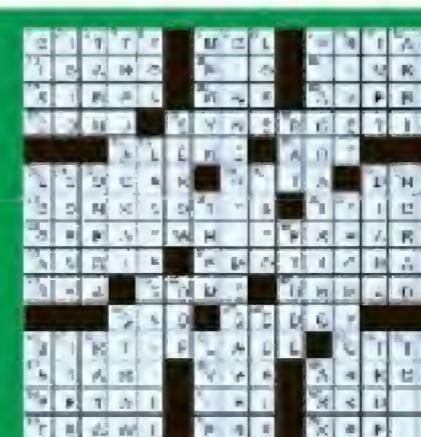
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WEEKEND'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



1	4	7	2	9	5	8	6	3
8	3	2	1	7	6	9	4	5
9	6	5	8	4	3	1	2	7
5	7	8	4	6	1	3	9	2
4	1	6	3	2	9	5	7	8
3	2	9	7	5	8	4	1	6
7	8	3	6	1	4	2	5	9
6	9	1	5	3	2	7	8	4
2	5	4	9	8	7	6	3	1



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